

**ABSTRACT OF THE DISCLOSURE**

In general, the invention relates to a thermo and photo stable composition comprising a hydrogel generated from xanthane and chitosane, the hydrogel comprising at least one thermo or photo sensitive 5 substance selected from the group consisting of: vitamins, amino acids, nucleic acids and oligopeptides, the hydrogel being adapted to release said thermo or photo sensitive substances in an animal or human subject. The invention also discloses a process for the manufacture of these 10 hydrogels. Additionally, the invention discloses a method of use for these hydrogels in dermatology or as a dietary food compliment.